

CYBER WELLNESS STUDENT AMBASSADOR TRAINING HANDBOOK

MOE has implemented a Cyber Wellness framework and education since 2008. This framework helps students become responsible digital learners by developing their instinct to protect themselves and empower them to take responsibility for their well-being in cyberspace. The three principles, 'Respect for Self and Others', 'Safe and Responsible Use' and 'Positive Peer Influence' are used to guide students in making well-considered decisions in cyberspace.

As part of the recommended Cyber Wellness good practices, schools are encouraged to build a culture of positive peer influence. The "Cyber Wellness Student Ambassador Training Handbook" aims to empower teachers to plan and implement a student-led approach to Cyber Wellness education. Designed for Cyber Wellness Coordinators (CWCs) to work with Primary, Secondary and Pre-University students, this Handbook is a resource for schools to develop a critical mass of Cyber Wellness Student Ambassadors who can support their peers in cyber issues and champion cyber wellness outreach efforts.

The Cyber Wellness Student Ambassador Programme, which was started in 2009, seeks to engage students in positive peer influence to spread Cyber Wellness messages amongst the student community. This new handbook will develop schools' capacity to run ground-up and student-driven cyber wellness initiatives at the school level. To date, there are more than 4,400 Cyber Wellness Student Ambassadors in our schools.

This Handbook presents a guide to set up a Cyber Wellness Student Ambassador structure and also details a four-stage cycle: (i) Planning and implementing school-wide cyber wellness programmes; (ii) Evaluating the programmes; (iii) Reflecting on their experiences; and (iv) Mentoring the next batch. This will enable the Cyber Wellness Student Ambassadors to build and sustain a culture of positive peer influence.